



FRIENDS OF THE
NEEDHAM ELDERLY, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • www.needhamma.gov
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

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COOKING SHOW WITH PIERRE BIOCHI

Tuesday, September 29th • 1:30 pm

At the Needham Senior Center

Sign-up is Required. There is no fee for this program.

Pierre Biochi is an experienced chef who will show the audience how he makes the popular restaurant dessert Tiramisu. Pierre just might offer some appetizers before his main presentation, too. At the end of the program you can be the judge as you try this interesting dessert!

BOOK REVIEW "OLIVE KITTERIDGE"

BY ELIZABETH STROUT

Monday, September 14th • 1:30 pm

At the Needham Senior Center

A suggested cost of \$4.00 is appreciated.

This #1 best seller just won the 2009 Pulitzer Prize for fiction! The author spins thirteen wonderful narratives all focusing around a retired Maine schoolteacher named Olive Kitteridge who remains an unforgettable character all throughout the novel. "Olive Kitteridge" offers profound insights into the human condition with all its conflicts, tragedies and joys and the main character of Olive lingers in your memory like a treasured member of the family!

BRIDGE FOR BEGINNERS, AN 8 WEEK CLASS

Wednesday's, 1:00 - 2:30 pm • Begins on September 9th

At the Needham Senior Center

Bridge, and card-playing in general, have become popular social activities. The class will cover the language of bridge, elementary bidding, point counting, scoring, and playing the hand. The Council on Aging is delighted to be able to offer this class free of charge. In advance we give a big thank you to Mohan Dali for volunteering to teach this class. There is no fee for this class, sign-up is required.

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SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM



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ON AGING
Needham

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**The mission of The
Needham Council on
Aging is to respond to
its older residents'
needs by providing a
welcoming, inclusive,
and secure environment
where individuals and
families benefit from
programs, services and
resources that enhance
their quality of life and
provide opportunities
for growth.**

DEAR FRIENDS,

As the new Boutique Manager for the Friends of Needham Elderly, I am asking for your help. I need volunteers in the following areas:

- Bake Sale Coordinator during elections.
- Volunteers to help at the boutique tables during elections.

I am also always in need of items to sell throughout the year. If you can help or have any questions, please call me at 781-444-8169.

Thank you,

Nancy Wetherell

Boutique Manager

FRIENDS OF NEEDHAM ELDERLY 2009 MEMBERSHIP/DONATION FORM

Name: _____ Date: ____/____/____

Address: _____

Membership for 2009	\$ 25.00
Donation	\$ _____
Memorial* (Please see below)	\$ _____
Total Enclosed	\$ _____

*Name of Deceased _____

If acknowledgement to family is desired, please provide the following information:

Name of Deceased Family and Address _____

Please make checks payable to: Friends of Needham Elderly and mail to:
FONE, 83 Pickering Street, Needham, MA 02492. **Questions? Please send inquiries
to needhamfone@comcast.net.**

FRIENDS OF THE NEEDHAM ELDERLY DONATIONS

DONATIONS

- | | |
|----------------------|--------------------------------|
| • Jean Andrews | • Beulah Green |
| • Russell Broad, Jr. | • Risa Greendlinger & Don Reed |
| • Marie Casey | • Willa Jeeves |
| • Dorothy Caulfield | • Liz Larsen |
| • Don Cimon | • Anne Parlato |
| • Elizabeth Duhig | |

MEMORIALS

- Alvera Emanuella in memory of Ken Monteith
- Richard Schneider in memory of Ken Monteith

PLEASE NOTE The Needham Council on Aging and Senior Center does not receive funding for recreational programming. Although most of our programs are free, some programs have costs in an effort to meet the overall expenses for all programs. Please note, that if you cannot afford a class, we will always offer scholarships.

HELP THE FRIENDS SAVE \$\$\$ ON PAPER AND POSTAGE!!

Sign-up today to receive your Compass by email. Please contact Sherry Jackson at 781-455-7555 or sjackson@town.needham.ma.us.

DRIVER SAFETY – A ONE DAY COURSE WITH AARP

Wednesday, September 9th • 9:30 am - 2:30 pm
with a 1-hour lunch break

At the Needham Senior Center

**Sign-up is required. Fee for the course is \$14.00 for non-members
\$12.00 for member with their ID number. Checks payable to AARP.
Payment is due on the day of the class.**

This DRIVER SAFETY COURSE is a 4-hour, classroom refresher course developed by AARP and it is the first, most recognized, comprehensive, nationwide course created especially for older drivers. Upon completion of the class students will receive a certificate of completion. This course teaches you about the normal, age-related changes that interfere with vision, hearing, and physical strength that typically influence driving ability and attitudes. This class will be limited in size, so sign up early! If you would like to have lunch at the Senior Center RSVP by Thursday, September 3rd, call 781-455-7555.

WII™ AT THE NEEDHAM SENIOR CENTER!

Tuesdays, September 8th and 22nd • 3:00 - 4:00 pm

At the Needham Senior Center

Sign-up is required. There is no fee for this program.

Here is your chance to give Wii™ a try or simply see what it's all about. A fast-growing number of Senior Centers are loving the benefits of the Nintendo® craze called "Wii™." The Wii™ sports program includes virtual tennis, golf, baseball, bowling and boxing. Players hold a wireless controller that detects three-dimensional motion as they execute the same arm movement they would employ if swinging a racket or bat, rolling a ball, or throwing a jab. The simulated action is played out on a television screen.

SPANISH – BASIC-LEVEL, AN 8 WEEK CLASS

Tuesdays • 9:00 - 10:00 am

At the Needham Senior Center

There is no fee for this program.

If you have taken this class before, please note that there will be all new materials and you are welcome to attend. This class is for those who have little or no previous experience with the Spanish language. The class is instructional and conversational. This class gives you the tools to learn Spanish and also proves to be great fun for all. Our thanks to Rosa for taking time out of her busy schedule to volunteer/teach at the COA. There is no fee for this class. For more information, please call Sherry Jackson, 781-455-7555.

CAREGIVER SUPPORT

The Needham Council on Aging and Senior Center, 83 Pickering St., will offer a Caregiver Support Group for anyone providing care and assistance to a parent, spouse or friend. You are not alone. Come meet with others, share ideas and give support to one another. For dates and time, call LaTanya Steele at 781-455-7555, ext. 208

WALKING CLUB AND WALKING PALS PROGRAM

WALKING CLUB

Mondays at 10:00 am • Fridays at 11:00 am

Sign-up is required

If you walk two to four miles, a couple of days a week, then this walking club is for you. Our walks are designed to offer variety. You will have an opportunity to walk with other walking clubs. We will also explore trails outside the local area, offering transportation via our van. To sign-up call Sherry at 781-455-7555.

WALKING PALS PROGRAM

Would you like to have company on your walks? We will match you with two others who walk your pace and coincide with your schedule. To sign-up call Sherry at 781-455-7555.

VOLUNTEER OPPORTUNITIES

- Meal site Volunteer
- Friendly Visitors
- Parent/Child Morning Pastry preparer & visitor
- Assistant to tidy up at the end of the weekday on Tuesdays and Thursdays from 3-4pm

Volunteers are sought to meet at the Senior Center, when we will bring together Needham residents from the grade school generation and our valued seniors for an afternoon of fun and games, on Tuesday, September 22, 2009 from 12:30 - 2:00.

Volunteers are sought to participate in an afternoon program with school age children. The Needham Public schools have a professional development day scheduled monthly for teachers and staff whereby the students are dismissed at mid day. Tuesday, October 20, 2009, we'd like to host a brown bag lunch followed by an afternoon of playing board games and working on jigsaw puzzles. Your participation is necessary to make the program a success.

Please call Penny Gordon, Volunteer and Transportation Coordinator, 781-455-7555 to sign up to volunteer to participate.

FRIENDLY VISITOR PROGRAM

VOLUNTEERS are needed for our Friendly Visitor Program to provide companionship to homebound elderly by visiting in the home to reduce loneliness and improve quality of life. Additional activities may include (at the discretion of the volunteer) letter reading & writing, telephone reassurance, activities & crafts, and respite care for families. Please contact Paula Angell at the Needham Senior Center, 781-455-7555.

SUDOKU

At the Needham Senior Center

Sign-up is required.

There is no fee for this program.

BEGINNER LEVEL

**Wednesday,
September 2nd
1:00 pm**

INTERMEDIATE LEVEL

**Friday, September 11th
9:30 am**

Please join on either or both days to learn how to solve a Sudoku puzzle. The modern puzzle, which is often seen in newspapers and magazines, was invented in 1979 by Howard Garns, an American architect. Although originally called "Number Find" it's now more commonly known as its Japanese name Sudoku, which means 'number addiction'. It may be an addiction you will enjoy!

MAH JONG CLASS

**For dates, times and
location call the
Needham Senior Center
at 781-455-7555.**

Interested in learning how to play mah jong? It is a strategic game, and once you have learned the rules, you will know if this game is for you. Cost for all 4 classes is \$20.

THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at, 1-800-922-2275. For more information, call the Needham Senior Center at 781-455-7555.

WISH LIST

#1 To provide adequate means for viewing our movies and utilizing the Wii™ fitness program we are in need of a 52 inch television screen: Sony KDL-52XBR7.

#2 A Mah Jong set

LUNCH AND LEARN TIMES TWO

At the Needham Senior Center

Sign-up is required. There is no fee for the following two programs.

This month we will be bringing you two new professional lectures about specific health related topics. A tasty lunch will be served after each lecture and you will have an opportunity to ask questions on a one to one basis with the presenter.

HOME MODIFICATIONS FOR HOME SAFETY

Wednesday, September 16th • 12:00 pm

Sign-up is required. There is no fee for this program.

Each year, according to estimates by the U.S. Consumer Product Safety Commission, nearly one million people over age 65 are treated in hospital emergency rooms for injuries associated with products people live with and use every day. Being aware of potential hazards is the first step to reduce the amount of serious injuries that occur at home. Simple precautions and adjustments can help ensure a safe, accident-free home. The presenter, Steve Calvin has been a therapist for over 12 years with the VA hospital. He has also worked in the field of home care and durable medical equipment companies. In advance we thank Sostek Home Care Agency for sponsoring the lunch portion of this event.

ASSERTIVENESS TRAINING FOR SENIORS

A POSITIVE APPROACH FOR EFFECTIVE COMMUNICATION

Monday, September 21st • 12:00 pm

Sign-up is required. There is no fee for this program.

Ms. Gandelman's enthusiasm for teaching combined with this particular topic makes this a popular program, so make sure that you sign up early. The talk will provide you with the tools and handouts that you need to be more assertive when interacting with friends, relatives, physicians and as a consumer in stores and restaurants. Ms. Gandelman has a Master's in Public Relations and a Bachelor's degree in Education. In advance we thank Comfort Keepers for sponsoring this lecture and lunch.

SPRINGWELL - AN OPEN PUBLIC MEETING

Tuesday, September 15th • 1:00 pm

At the Needham Senior Center

If you are 60 or older, or caring for an older adult, Springwell would like to hear from you! Express your ideas and concerns at the Open Meeting about the issues important to older adults with Springwell, the Area Agency on Aging for residents of Belmont, Brookline, Needham, Newton, Waltham, Watertown, Wellesley and Weston. All are welcome. Help us help you tackle the Aging in Place issues in your community! We will present a draft of a 4-year Plan to address the benefits and obstacles of Aging in Place followed by time to provide your input so we can help ensure that appropriate services are available. Copies of the Plan will be available at the meeting, on our website, www.springwell.com, or by calling Kathy Siemionko at 617-926-4100

Before the talk if you would like to take part in Springwell's lunch program please be sure to make your lunch reservation by Friday, September 11th by calling 781-455-7555.

For more information, directions, assistance with transportation, or special accommodations, contact Kathy Siemionko at Springwell at 617-926-4100. Comments by any interested party are welcome and can be made at the meeting or submitted in writing to Kathy Siemionko, Springwell, 125 Walnut Street, Watertown, MA 02472, or ksiemionko@springwell.com by September 8, 2009.

IT'S FRIDAY ENTERTAINMENT LIVE WITH RICK SCALISE, PIANIST AND COMPOSER

Friday, September 25th • 1:30 pm

At the Needham Senior Center

There is no fee for this program. Sign-up is required, call 781-455-7555.

Please join us for a terrific afternoon with Rick Scalise as he plays for us a mixture of classical and contemporary music. As a composer his works include works for Piano, Voice, Cello, Violin, Chamber Ensemble, Chorus, String Orchestra, as well as Full Orchestra. A native of the Boston area, he is a graduate of Boston University where he received his Bachelor of Music in Piano Performance and Composition, as well as his Master's degree in Composition. To date, Rick has been music director/vocal coach/conductor/accompanist for over 30 main-stage productions. Rick is currently working with the Reagle team on Mame. He is Adjunct Faculty as accompanist at Emerson College. His first CD, Virtuoso Piano Solos, features works by Chopin, Liszt, Rachmaninoff, Monti-Scalise, and others. Rick is planning to record a second CD featuring works by Beethoven and Liszt.

TRIPS

The Friends Of Needham Elderly trip for September will be held on Thursday the 3rd, leaving at 8:15 am for a cruise on Lake Winnepesaukee. We will cruise around that beautiful lake for 90 minutes, observing the lake and all its surrounding islands and mountains. Then we will enjoy a sit-down lunch with views of the lake. It will be a very nice way to enjoy the last cruise of the season. The price is \$64. You may make reservations while you are at the Senior Center or by calling us at 781-455-7555, Ext. 209. Ask for Jeanne Blakeney on Tues., Wed., or Thurs., or leave a message on the voicemail. Your call will be returned promptly. We also want to call your attention to the Overnight Trip for this season. This year we are going to the beautiful Lake George and Saratoga area in New York. We are looking forward to a wonderful experience at the Tiki Resort there in Lake George with a guided tour of the area plus an afternoon of racing and casino action at the Saratoga Race Track. This trip will provide us with an entirely new and exciting experience and is priced very reasonably. The rates are \$340 P/Dbl., \$399 Single and \$330 PP/Triple. Please sign up early, we have a minimum and must have reservations by September 15th. Come One, Come All! Again, Call Jeanne at the Senior Center, 781-455-7555 NOW!

BALLROOM DANCING LESSONS, "FOX TROT"

Tuesdays, September 8, 15, 22, 29 • 2:00-3:00 pm

Offsite Location: Charles River YMCA 380 Chestnut Street

Cost of each 4 Week Session is \$16.00, due on the first day of class.

Sign-up is required; call 781-455-7555.

The Council on Aging would like to thank the Needham YMCA for letting us use this space in order to hold this wonderful program. The cost is \$16 for all four sessions. Please wear shoes that allow movement on a wood floor – not rubber soles. If you are a new student, to sign-up, call Sherry Jackson at the Needham Senior Center, 781-455-7555.

COMPASS LABELING AND COLLATING

Tuesday, September 22nd • 9:15am

At the Needham Senior Center

Please join us for a morning of light work and good fun, as we get the newsletter ready for mailing.

SONGSTERS UPDATE

Opening rehearsal takes place

**Wednesday,
September 23rd
10:30 am**

Songsters are about to begin their new season and we are looking for new members. When you sing you forget all your cares and woes, it makes your day. If you can read music and can carry a tune, please join us... we need you. For more information contact Jeanne, 781-455-7555.

MONDAY'S LUNCH BUNCH

Meet at the Senior Center at 11:30am.

Try someplace new, socialize and enjoy a good meal. Board our Van and take a ride to:

September 7th

Center closed for Labor Day

September 14th

Grassfields, Waltham

September 21st

Firefly's BBQ, Framingham

September 28th

Tony's Place, West Roxbury

Call the Senior Center at 781-455-7555, speak with the receptionist and sign up today. The suggested donation of \$5.00 will be collected on the van. You will also pay the cost of your meal. Enjoy !!

MOVIES AT 1:00 PM

At the Needham Senior Center

FRIDAYS

September 4th

"One Touch of Venus", 1948

September 11th

"The Bad and the Beautiful", 1952

September 18th

"Frenzy", 1972

MONDAY

September 28th

"Sicko", 2007



COUNCIL
ON AGING
Needham

STEPHEN PALMER
SENIOR CENTER
83 Pickering Street
Needham, MA 02492
781-455-7555

SENIOR CENTER
DROP-IN HOURS:
9:00 am - 4:00 pm
Monday thru Friday

DID YOU KNOW?

If you or someone you know has difficulty seeing, the Senior Center has a video magnifier available which enlarges the font in letters, bills, newspaper articles, and magazines. The magnifier is available in a private, confidential setting in the computer room to use at your convenience. The magnifier makes reading more enjoyable! For more information, please contact the Outreach Department at the Needham Senior Center at 781-455-7555.

YOGA IN THE AFTERNOON WITH SANDI

Wednesdays • 3:00 pm
Begins on September 16th

At the Needham Senior Center
Sign-up is required; call 781-455-7555
A total payment of \$16 is due on the first day of class.

Students need to bring a sticky mat (can be purchased at most sporting goods stores), and a small blanket. Participants can expect to be doing yoga seated on the floor with the use of a mat with some standing poses as well. Please wear comfortable clothes and don't eat a big meal beforehand. Class is NOT a women-only venture. Men are welcome! Sandi Levy is certified as a Viniyoga Yoga teacher and her classes are geared toward the older adult. Currently she also teaches at Brandeis' Lifelong Learning Institute, JCC of Newton, and the Dedham Racquet Club. The instructor loves yoga, feels it is magical and hopes to impart this love of yoga to her students. But she never expects you to contort into a pretzel!

SENIOR STRENGTH EXERCISE CLASS WITH PEARL

Session I • Mondays at 10:15 am
Begins on September 14th

Session II • Fridays at 9:15 am
Begins on September 11th

At the Needham Senior Center
Sign-up is required; call 781-455-7555
Cost for either 8 week session is \$32.00
Cost for both sessions is \$64.00

This exercise class is designed to accommodate mature individuals of various fitness levels. This seated class will begin with a thorough warm-up followed by strength training exercises for all the major muscle groups of the body using light hand weights and conclude with gentle stretching exercises to increase flexibility and reduce muscle tension.

THE ARTHRITIS FOUNDATION EXERCISE PROGRAM WITH LISA

Session I • Tuesdays at 2:00 pm
Begins on September 1st
Session II • Thursdays at 2:00 pm
Begins on September 3rd

Locations:

Tuesdays at the Needham Senior Center
Thursdays at the YMCA
on 380 Chestnut Street

Sign-up is required; call 781-455-7555
Cost for either 8 week session is \$32.00
Cost for both sessions is \$64.00

The Council on Aging would like to thank the Needham YMCA for making space available to us. This exercise program includes: Range of motion exercises (includes Flexibility, Strengthening exercises, Endurance activities, Weight-bearing activities, balance and coordination activities, Posture and body mechanics training).

BETTER BALANCE WITH LESLIE

Wednesdays • 2:30 pm
A New 8 Week Class will Begin
on September 9th

At the Needham Senior Center
Sign-up is required, call 781-455-7555.
A total payment of \$50 is due on the first day of class.

Have fun while learning to improve your balance and prevent falls. Using balls, bands and weights, this class will help improve your balance, posture, flexibility, strength and endurance and decrease stress. Cost for the 8 week class is \$50.

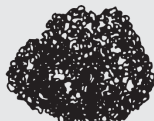
TAI CHI

2 Classes to be offered at the
Needham Senior Center

We are now offering a beginners level class and a separate intermediate level class. Both classes are taught by Scot Brumit. **For more information, including dates and times contact Sherry Jackson at 781-455-7555.**

www.NeedhamSeniors.com

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IN REAL ESTATE



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SEPTEMBER 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>TO OBTAIN A LUNCH MENU, PLEASE CALL OR STOP BY THE NEEDHAM SENIOR CENTER</p>	<p>1</p> <p>9-4 Pool 9:15 Bridge – Women 10:30 Current Events Group 11:45 Lunch 12:15 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing #1 2:00 Arthritis Exercise with Lisa</p>	<p>2</p> <p>9-4 Pool 9:00 Keep Well Clinic 10:00 Hearts Card Game 11:45 Lunch 1:00 Bridge – Men 1:00 Sudoku</p>	<p>3</p> <p>9-4 Pool 9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch 12:00 Computer Lessons 12:15 Ping Pong 1:00 Bridge – Women 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Arthritis Exercise with Lisa #1 TRIP: LAKE WINNIPESAUKEE</p>	<p>4</p> <p>9-4 Pool 9:15 Senior Strength Exercise with Pearl 9:15 Quilting 11:00 Walking Club 11:45 Lunch 1:00 Board Games: Mah Jong, Scrabble, Canasta, etc. 1:00 Bridge – Men 1:00 Movie: "One Touch of Venus", 1948</p>
<p>7</p> <p>SENIOR CENTER CLOSED IN OBSERVANCE OF LABOR DAY</p>	<p>8</p> <p>9-4 Pool 9:15 Bridge – Women 10:15 Senator Brown Office Hours 10:30 Creative Writing Group 11:45 Lunch 12:15 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing – "Fox Trot" #1 2:00 Arthritis Exercise with Lisa 3:00 Wii™</p>	<p>9</p> <p>9-4 Pool 9:30- Driver Safety: 2:30 A 1-Day Course 10:00 Hearts Card Game 11:45 Lunch 1:00 Bridge – Men 1:00 Bridge for Beginners Class 2:30 Better Balance</p>	<p>10</p> <p>9-4 Pool 9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch 12:00 Computer Lessons 12:15 Ping Pong 1:00 Bridge – Women 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Arthritis Exercise with Lisa #1</p>	<p>11</p> <p>9-4 Pool 9:15 Senior Strength Exercise with Pearl 9:15 Quilting 9:30 Sudoku 11:00 Walking Club 11:45 Lunch 1:00 Board Games: Mah Jong, Scrabble, Canasta, etc. 1:00 Bridge – Men 1:00 Movie: "The Bad and the Beautiful", 1952</p>
<p>14</p> <p>9-4 Pool 10:00 Walking Club 10:15 Senior Strength Exercise with Pearl 11:30 Lunch Bunch: Grassfields, Waltham 11:45 Lunch 1:00 Bridge – Men 1:30 Book Review – "Olive Kitteridge" by Elizabeth Strout 2:45: Friends of Needham Elderly</p>	<p>15</p> <p>9-4 Pool 9:15 Bridge – Women 10:30 Current Events Group 11:45 Lunch 12:15 Ping Pong 1:00 Lecture: Springwell – An Open Public Meeting 1:00 Bridge – Men 2:00 Ballroom Dancing – "Fox Trot" #1 2:00 Arthritis Exercise with Lisa NO WOMENS CRIBBAGE TODAY</p>	<p>16</p> <p>9-4 Pool 9:00 Keep Well Clinic 10:00 Hearts Card Game 11:45 Lunch 12:00 Lunch and Learn: Home Safety with Home Modifications 1:00 Bridge for Beginners Class 1:00 Bridge – Men 2:30 Better Balance 3:00 Yoga with Sandi</p>	<p>17</p> <p>9-4 Pool 9:15: Triad Meeting 9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch 12:00 Computer Lessons 12:15 Ping Pong 1:00 Bridge – Women 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Arthritis Exercise with Lisa #1</p>	<p>18</p> <p>9-4 Pool 9:15 Senior Strength Exercise with Pearl 9:15 Quilting 10:00 Low Vision Group 11:45 Lunch 1:00 Board Games: Mah Jong, Scrabble, Canasta, etc. 1:00 Bridge – Men 1:00 Movie: "Frenzy", 1972</p>
<p>21</p> <p>9-4 Pool 10:00 Walking Club 10:15 Senior Strength Exercise with Pearl 11:30 Lunch Bunch: Firefly's BBQ, Framingham 11:45 Lunch 12:00 Lunch and Learn: Assertiveness Training for Seniors 1:00 Bridge – Men</p>	<p>22</p> <p>9-4 Pool 9:00 Spanish 9:15 Compass Collating 9:15 Bridge – Women 10:15 Senator Brown Office Hours 10:30 Creative Writing Group 11:45 Lunch 12:15 Ping Pong 12:30 Board Games: Kids and Seniors 1:00 Bridge – Men 1:00 Cribbage – Women 2:00 Ballroom Dancing – "Fox Trot" #1 2:00 Arthritis Exercise with Lisa 3:00 Wii™</p>	<p>23</p> <p>9-4 Pool 9:15 Exercise 10:00 Hearts Card Game 10:30 Songsters 11:45 Lunch 1:00 Bridge for Beginners Class 1:00 Bridge – Men 2:30 Better Balance 3:00 Yoga with Sandi</p>	<p>24</p> <p>9-4 Pool 9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch 12:00 Computer Lessons 12:15 Ping Pong 1:00 Bridge – Women 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Arthritis Exercise with Lisa #1</p>	<p>25</p> <p>9-4 Pool 9:15 Senior Strength Exercise with Pearl 9:15 Quilting 10:30 Exercise 11:00 Walking Club 11:45 Lunch 1:00 Bridge – Men 1:30 Entertainment Live with Rick Scalise, Pianist and Composer</p>
<p>28</p> <p>9-4 Pool Tournament 10:00 Walking Club 10:15 Senior Strength Exercise with Pearl 11:30 Lunch Bunch: Tony's Place, West Roxbury 11:45 Lunch 1:00 Bridge – Men 1:00 Movie: "Sicko", 2007</p>	<p>29</p> <p>9-4 Pool 9:00 Spanish 9:15 Yoga 9:15 Bridge – Women 10:30 Current Events Group 11:45 Lunch 12:00 Ping Pong Tournament 12:15 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women 1:30 Cooking Show: How to Make Tiramisu 2:00 Ballroom Dancing – "Fox Trot" #1 2:00 Arthritis Exercise with Lisa 3:15 Exercise with Lisa – Aerobic and Stretching</p>	<p>30</p> <p>9-4 Pool 9:15 Exercise 10:00 Hearts Card Game 10:30 Songsters 11:45 Lunch 1:00 Bridge for Beginners Class 1:00 Bridge – Men 2:30 Better Balance 3:00 Yoga with Sandi</p>	<p>CALENDAR OF PROGRAMS AND EVENTS</p> <p>Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 781-455-7555 • www.needhamma.gov</p> <p>Offsite Locations of Programs</p> <p>#1 Charles River YMCA • 380 Chestnut Street #2 Needham Public Library • 1139 Highland Avenue #3 Avery Crossings Assisted Living • 110 West Street #4 Baptist Church • 858 Great Plain Ave. #5 NHA Community Room • 1 Chambers Street</p> <p>Please Note: Items in bold indicate that sign-up is required.</p>	

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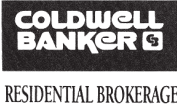
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